

SYMPTOMS WHICH MAY INDICATE THE NEED FOR A DEBRIEFING/DEFUSING

Critical incidents are likely to produce physical and emotional symptoms, which develop as part of a stress response and are considered normal. They may appear at several different stages:

1. During the incident symptoms may include confusion non-directed activity, disorientation, tunnel vision, crying, muscle tenseness (clenching teeth, etc.) profuse sweating, chest pain and/or increased heartbeat.
2. After the incident symptoms may begin to appear within hours after the incident and may include blurred vision, loss of memory, confusion, non-directed activity disorientation, or restlessness.
3. Delayed post incident stress symptoms may occur weeks or months after the incident and may include restlessness, irritability, chronic fatigue, sleep disturbances, anxiety, depression, moodiness, muscle tremors, difficulties concentrating, increased substance abuse, nightmares, headaches, vomiting, diarrhea and/or suspiciousness.